



19426

The treasurie of
commodious Conceites, and
hidden Secrets.

Commonly called,

The good Hus-
wiues Closet of prouision, for
the health of her houshold.

Meete and necessarie for the pro-
fitable vse of all estates,

Gathered out of sundry Experiments
lately practised by men of great know-
ledge : And now the fourth tyme
corrected, and enlarged, with
diuers necessary and
new additions.

AT LONDON,
Printed by Richarde Ihones : dwel-
ling at the signe of the Rose and
Crowne, neere Holburne
Bridge. 1584.

The Printer to all that

comer the practise of good Huswiniery,
aswell wines as maides.

God! Huswines here you haue, a fewell for your ioye,
A Closet meete your Huswiniery, to practise and imploy.
Aswell the Gentles of degree, as eke the meaner sort,
practise here to purchase health, their household to comfort,
as the Proverbs proueth true, to remedie eche greefe,
amongst the rest of Phisicks helps, the huswines help is cheefe,
before good huswines once againe I say, to you repaire
to this Closet when you need, & marke what ye find there,
ich is a meane to make most thinge to huswines vse pertain
All Conserues & Syropes sweet, to comfort heart and brain,
banquets to, here may you find your dishes how to frame,
Macedon, Marmalad, Marchpane to, & ech thing els by name,
powders eke for linnen clothes, and wollen, furd or faste,
keepe them sweete and safe from mothes, in chests when
diseases to come ye shall see. (they be past
diseases to for present health, in Closet here you haue,
maintaine life & kepe ye yong, the cheefest thing ye shal
to conclude, I wish ye make the benefits of this booke,
Gentles state, the Farmers wife, & Craftes mans huswife
(Cooke.

if ye reape commoditie by this my friends aduice,
in gile him thanks, and thinke not much of foure pence
for the price.

Fare-well.

To the Worshipfull

Master Richard Wiffow, Gentleman, one of
the Assistants of the Companie of the Barbers and
Surgeons: John Partridge wisheth increase of
knowledge by his worthy trauell.

After that I had (worshipfull Syr,) taken
some paine, in collecting certaine hid-
den secrets together, & reduced them into
one Lybel or Pamphlet) for my owne be-
hoote & my familiar freends) yet at the in-
stance of a certaine Getlewoman, being my
deare and speciall freend, I was constrained
to publish the same, & considered with my
selfe the saying of the wise: which is, That
good is best, which to all indifferently is of
like goodnes, or effect: or which without
respect of person is good to all indifferently.
The consideration of which, & her importu-
nacie together, instiged me to communicate
vnto the view & publike benefit of all men,
this little booke: the contents wherof doth
instruct & teach all maner of persons & de-
grees, to know perfectly howe to make di-
uers & sundry sorts of new cōceits, as wel of
meats, Conserues, & Marmalades, as also of

A.ij. Iweete

THE EPISTLE.

sweet and pleasant Waters, of wonderfull Odors, Operations & Vertues: with diuers other things, that haue not hitherto bene publicly knowen: which fact of mine (I know) wil be not only disliked of some, but altogether condemned: not for that it is euill: but that their fine heads can not digest that any other beside theselues should enioy the benefit therot, hauing for their Maxime, that such things are of small price, as are common to all men. Much after our Englishe Prouerbs, Quaintie & daintie: Farre set and deare bought, is good for great estates. But I account that person foolish, and vnworthie helpe of any Physitian or Surgeon, that wil refuse to receiue or gaine health by the medicine of any such Physitian or Surgeon: Who by learning the same out of Galene, Auicen, Hipocrates, or any other such like, hath oftentimes cured the diseases in sundry & many persons, for that the same hath ben commonly vsed: but rather most willingly and curteously to embrace the same (for present remedy) as a thing excellently well experimented and proued. I neede not (right
wor-

THE EPISTLE.

worshipfull) to vse these wordes for the defence of this litle Booke, considering that your worship doth very well accept suche thinges, as vniuersally bring with them a publike profite and vtilitie: whence consisteth your delight, rewarding liberally the trauaile of such, who haue and do trauaile therein. VV herefore, for that I among all other persons, do thinke my selfe most beholden vnto your worship, to gratifie your goodnesse, and to satisfie the request of my freend, I haue complished this litle booke: which I haue put foorth vnder your worships name and protection: protesting, that if I shall see this worke, which with some cost and charge I haue brought to perfection, be well accepted at your handes, I shall shortly exhibite vnto your worship a thing of greater value and estimation. And thus committing your good worship vnto God, I end: who send you your desire of vnderstanding & knowledge.

Your VVorships to commaund. I. P.

A. iij.

¶ The



The Authour to his

Booke, concerning his freend, whose
importunate sute procured him
to publish the same.

G O little Booke, of profite and pleasance,
Vnto thy good Mistresse, without delay :
And tell her I send thee for the performace
Of her earnest sute, sith she would haue no nay,
Let her vse thy comodities, as right well she may,
To profite her freends, for healths preservation,
And also to pleasure them for recreation.
Tell her that all things in thee contained,
I haue seene them put oft into vreyne,
And giuen thee to be her seruant retained,
To serue her, faithfully doing thy cure.
And also say, of this let her be sure,
That she with her sute, of me hath obtained
Thee, that no gold nor good could haue gained.

I. P.

The

The Closet of trea-

surie of hidden Secrets.

T

To bake a Capon with yolkes
of Egges. Cap. 1.



When the Capon is made ready, trusse him into the Coffin, then take eight yolkes of Egges loded harde, and prick the into euery of the fine clowes, and put the yolkes into the Coffin with a Capon. Then take a quantitie of Ginger and Salt, and lay it on the Capon, and let it bake three howers. Then take two rawe yolkes of Egges beaten into a goblet of Mustard, with a good quantitie of Sugar beaten together, put it in to the Coffin, and so serue it.

To bake a Fesant, or Capon in Reede.
of a Fesant. Cap. 2.

Dresse your Capon like a Fesant trussed, and perboyled a little and larded with sweete Lard: put him into the Coffin, and strewn a little pepper and salt, put thereto halfe a dishe of swete butter, let it bake for the space of three howers, and when it is colde, serue it forth for a Fesant. And thus bake a Fesant.

A. iij.

To

The Closet, or Treasurie,

To bake Chickens. Cap. 3.

Take and trusse your Chickens, the sates cut off, put them in the Coffin, then for every chicken put in every Pie a handfull of Goose berries, and a quantitie of Butter about every Chicken: then take a good quantitie of suger and Cinamon, with sufficient salt, put them into the Pie, let it bake one hower and a halfe, when it is baken take the yolke of an Egge, and halfe a goblet of Marince, with sufficient suger sodden together, put in the Pie, and serue it.

To bake Woodcocks. Cap. 4.

Perboile them, & being trussed, put them into the Coffin with swete Lards about them, leason them with pepper and salte, and a good quantitie of butter, let them bake one hower and a halfe, and so serue them.

To make Pescods of Marow. Cap. 5.

First slice your Marowe in length, drine your paste as thin as a paper lease: then take and laye small Raisins, Cinamon, and a little ginger and suger about the Marowe, fashion them vp like Pescods, fry them in butter, cast vpon them Cinamon and suger, and serus them.

A Sauce for a roasted Rabbet: ysed to King

Henry the eight. Cap. 6.

Take a handfull of washed Percele, mince it

of hidden Secrets.

it small, boyle it with butter and veruice
vpon a chaffindish, season it with sugar and
a little pepper grosse beaten: when it is rea-
dy put in a setue crummes of white bread, a-
mongst the other: let it boyle againe till it
be thicke, then laye it in a platter, like the
breadth of thre fingers, laye of each side one
rosted Conny or moe, and so serue them.

To bake an Oxe tongue. Cap. 7.

Setb the tongue till it be tender, then
slice it on a board in sayre peces: and take
a good quantitie of Marowe sliced small,
cast it into the bottome of the Pie, and laye
the slices of the tongue vpon it: and betwixt
euery one some Marowe, and a little salte
vpon them. Bake it the space of an hower,
then tosse halfe a Panchet a litle at the fyre,
and put the Follen into halfe a pint of red
Wine, with a little Vineger, straine them
out together: then take Cloues, Mace, Si-
namon and Ginger, seeth them in the liquoz
till it waxe somewhat thicke, make a hole
in the couer of the Pie, put it in, set the Pie
againe into the Duen for a quarter of an
hower, and serue it.

To make Vineger of Roses. Cap. 8.

In Sommer time when Roses blowe, ga-
ther them, ere they be full spzed or blowne
out, and in drie weather: pluck the leaues.

let

The Closet, or Treasury,

let them lye halfe a day vpon a faire boorde,
then haue a vessel with vinegar of one or two
Gallons (if you will make so muche Closet,)
put therein a great quantitie of y^e said leaues,
stop the vessel close after that you haue tyed
rope them wel together, let it stand a day and
a night, then deuide your Vineger and Rose
leaues together in two partes, put them in
two great Glasses, and put in Rose leaues
ynough, stop the Glasses close, let them vpon
a chesse vnder a wall stee, in the South side
without your house, where the sunne maye
come to them the most parte of the daye, let
them stand there all the whole summer long,
and then draine the Vineger from the roses,
and keepe the Vineger. If you w^{ill} distill in
ten dayes take and draine out the Rose
leaves, and put in new leaues of half a dosen
gathering, the Vineger will haue the more
sation and sweet of the Rose: 100120110
can be made w^{ith} the leaues of Vineger, w^{ith} that
it maye be made egre and sweete the chet
tut of the roses, both at hand to you and
as moreover, you maye make your Vineger
of wine, white, red, or claret: but the redde
doth most binde the belly, and the white doth
most loose. 100120110 must be made
100120110. Also, the Damask Rose is not so great
a hinder as the redde Rose, and the white
Rose

of hidden Secrets.

Rose loseth most of al: hereof you may make
Ginger Roset:

Thus also you maye make Ginger of
Violets, or of Elder flowers: but you must
firste gather and vie your flowers of Eld-
borne as shall bee shewed hereafter, when
we speake of making Confects of Elder
flowers.

To make Marchpane. Cap. y.

The halfe a pounce of blanched Al-
monds, and of white Sugar a quar-
ter of a pounce: of Rosewater halfe an
ounce, and of Damask water an ounce,
beate the Almonds with a little of the same
water, and grind them till they be small: let
them on a few coales of fyre, till they were
thicke: then beate them againe with the
suger, fine: then mixe the spate waters
and them together, and to gather them and
fashion your Marchpane: then take a cla-
sset taken of the Sybrell making: cut them
square, paste them together with a little si-
gger, and when ye have made them as broad
as will serue your purpose, haue ready made a
bope of greene Pastell wand, of the thickness
of halfe an ynche on the thier side square,
and on the utter side rounde and smooth,
without

The Closet, or Treasurie,

Without any knags: lay this hope vpon your
Wlafer cakes aforesaide, and then fill your
hope with the geare aboue named, the thick-
nesse of the hope, the sawe drinen smooth
aboue with the backe of a silver spone, as
ye doo a Marte, and cut away all the partes
of the Cakes, euen close by the outside of
the hope, with a sharpe knife, that it maye
be rounde: then hauing white paper vnder-
neath it, set it vpon a warme hearth, or vpon
an instrument of yron or brasse, made
for the same purpose, or into an Oven. after
the bread is taken out, so it be not stopped,
it may not bake, but onely be harde and tho-
rowe dyed, and ye may while it is moyste
sticke it full of Confects of sundrie colours,
in a comely order, ye must moist it ouer with
Rose water and suger together, make it
smooth, and so set it in the Oven, or other
instrument, the clearer it is like a Lanternes
hozne, so muche the more commended. If it
be thorough dyed, and kept in a drie and
warne ayre, a Marchpane will laste many
yeres. It is a comfortable meate, meate
for weake folkes, such as haue lost the taste
of meates by much and long sicknesse. The
greatest secret that is in the making of this
cleage, is with a little fine flower of Rice,
Rosewater and suger beaten together, and
layde

of hidden Secrets.

layde thin ouer the Marchpane, ere it goe to
drying. This will make it shine like Ice, as
Ladies repozt.

To gilde a Marchpane, or any other
kinde of Tarte. Cap. 10.

TAke and cut your lease of golde, as it
lieth vpon the booke, into square peeces
like Dice, & with a Conies tailes end
moysted a little, take the golde by
the one corner, lay it on the place beeing first
made moyste, and with an other tayle of a
Conie drie presse the golde downe close. And
if ye will haue the forme of an Harte, or the
name of Iesus, or any other thing whatsoe-
uer: cut the same through a peece of paper,
and lay the Paper vpon your Marchpane, or
Tart: then make the boide place of the Pa-
per (through which the Marchpane appea-
reth) moyste with Rosewater, laye on your
golde, presse it downe, take off your Paper,
and there remaineth behinde in golde the
print cut in the saide paper.

To bake Quinces. Cap. 11.

PAre them, take out the Coze, perboyle
them in water, till they be tender, let the
water run from them till they be drie:
then put into euery Coffin one Quince, in it
a good quantitie of Marowe. Also take sugar,
Binamon, and a little Ginger, and fill the
Coffin

The Closet, or Treasurie,

Coffin therewith, close it, let it bake an
hower, and so serue it.

To keepe Quinces vnpared all the
yeere long. Cap. 12.

Take ripe Quinces, and at the great
ende cutte a stopple, then take out the
coze cleane, and stoppe the hole againe
with the same stopple (but pare them not)
and perboyle them a little, take them vp, and
let the water draine from them, then put all
the cozes, and some of the smallest Quinces
into little peeces all to cutte, into the water
wherein all the Quinces were perboyled,
and let them sate till the liquoz be as thicke
as molten syce that Painters occupie, then
take it from the fyre and let it keele: in the
meane season touch your colde Quinces in a
barrell, or in an earthen pot, the greate ende
downewarde (if the stopple be out it makes
no matter) and one vpon an other. Then
put the liquoz in, that it be a handfull ouer
and aboue them, couer them close, and after
iij. or v. dayes looke to them, and when you
see the liquoz sonke downe, put in more of
the same which ye purposely kept to couer
them as before, then lay a boorde vpon them,
and stone, that they rise not, and couer the
tellsloze with a thicke cloth foulded, that
it take no ayre, so let them remaine. And
when

When ye intend to occupie some of them, uncover the Wessel and ye shall finde a Creame covering the whole liquor, breake it in the middell, turne it ouer with your hande, then take out your fruite in order, beginning in the middell firste, then by the sides, so that you remoue none, if it maye be, but those that you take away: and every time that ye breake the Creame, turne it ouer again into his place, for you must knowe y^e the Creame kepeth out ayre, and kepeth in the strength of the Syrop, therefore it maketh muche to the conseruation of the fruite to saue it, and also to see the Wessel close covered. Also when you will bake your Quinces, washe them well and cleane in warme water, and bake them as before is written.

To make Paste of Suger, whereof a man may make all manner of fruites and other fine thinges with their forme, as platters, dishes, glasses, cuppes, and such like thinges, wherewith you may furnish a table: and when you haue done, you may eate them vp. A plealant thing for them that sit at the Table. Cap. 13.

The gum Dragant, as much as you will, and steape it in Rosewater, vntill it be mollified. And for foure cuppes o^f Suger

The Closet, or Treasury,

Suger take of it the bignesse of a beane, the iuice of Limons a walnut shell full, and a little of the white of an Egge: but you must first take the gum and beat it so much with a pestell in a Morter of white Marble, or of Masse, vntill it become like water; then put to it the iuice with the white of the Egge, incorporating well together. This done, take foure ounces of fine white suger well beaten to powder, and cast it into the Morter by little and little, vntill all be turned into the forme of paste. Then take it out of the saide Morter, and braye it vpon the powder of Suger, as it were meale or flower, vntill all be like soft paste, to the ende you maye turne it, and fashion it which way you will. When you haue broughte your paste to this forme, spread it abroade with Sinamon, vpon great or small leaues, as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaide, with such fine knacks as may serue a Table, taking heede that there stande no hole thinge nigh vnto it. At the ende of the Banquet they may eate all, and bryake the Platters, Dishes, Glasses, Cups, and all thinges: for this paste is very delicate and satourous. If you will make a thing of more Richesse then this, make a Carte of Almonds, stamped with

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with sugre and Rosewater of like sort, that Marchpanes be made of. This shall you laye betwene two paces of suche vesselles, or fruits, or some other thing, as you thinke good.

To make fine blaunch powder, for roasted Quinces. Cap. 14.

TAke fine suger halfe a pounce, beaten in a hote Morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamom a quarter of an ounce beaten readie to fine powder, mixe them well together, and if you will haue it most excellent, cast two spoonefull of Rose or Damaske water, in the beating of the Sugar.

To conserue Quinces in Syrop condict, alway ready to be serued, in whole or in quarters. Cap. 15.

After your Quinces are roared and pared, seeth them till they be tender & soft: then lay them out till they be colde: in the meane time, take of the same licour two quarters or more (according to the number of your Quinces which ye will keepe) and put therein the cores and some other small peeces, seeth them in the liqour to make the Syrop strong, straine them, and put into the licour, being two or three quarters, one pint of Rose water,

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The Closet, or Treasurie,

water, and for every quart of lyquor, one halfe pound of Sugar: seth them againe together on a softe fyre of coles till the Sugar be incorporated with the lyquor, then put in your Quinces, let them seth softly till you perceiue that your Syrop is as thicke as life honny, then set them to keele, and take them out, lay them in a tray or trene platter till they be colde, then take one ounce of brysed Sinamon, and some whole Cloues, put them with some of the Sinamon in the Syrope, and when it is colde laye a larde of Quinces in your Glasse (called a gesselin glasse) or an earthen pot well glased, then strawe a spittle of your Sinamon vpon your Quinces, then poure some syrop, laye on an other larde of Quinces, and againe of your spice and syrope, and so forsooth till you haue done, and couer them two fingers ouer with syrope above, couer them close: and within thye or fowre dayes, looke to them, and when ye finde the Syrop thynken downe, put in more, and so reserue them. These are to be serued in with Grope.

So that the Quinces be tenderly Todden, and the Syrop thicke and strong ynough.

Plums conduct in Syrop. Cap. 15.

Take halfe a pounce of Sugar, halfe a pinte of Rosewater, and a pinte of faile raine

raine water, or of some other distilled water,
leeth the suger, and the two waters upon a
soft fyre of coales, till the one halfe be con-
sumed: then take it from the fyre, and when
it leaueth boyling, put therein halfe a pound
of ripe Damasius, or other plumbs, and let it
agaîne on the embers, and kepe it in the
like hente, till the plumbs be soft, by the space
of an houre if neede be, then put into some
clothes brosed, and when it is cold, kepe it
in a Glasse, or in an earthen or Gallipot: the
stronger the Syrop is withinger, the better
it will continue. Some put into the Syrop
Sinamon, Saunders, Nutmegges, Cloues,
and a little Ginger, leeth them not hastily for
feare of much breaking.

To make fine Rice pottage.

Take halfe a pound of Japon Almonds,
and halfe a pound of Rice, and a Gallon
of running water, and a handfull of the
barke, and let the barke be boyled in the run-
ning water, and the Almonds beaten with
the Welles & all on, and so strained to make
the Rice Porrege withall.

To make Marmalade of Quinces.

After that your Quinces are sponged,
ready to be hente, condit as before, in
25. y.

The Closet of Treasurie,

the Chapter is written, then with some of the liquid wherein they were sodden (but without any spice) beate them and draine them as ye woulde do a Martle; then put some over the fyre, and seeth them softly, and in the seething, strew by little and little of powder of Tuger the weight of the Quinces, or more, as your taste shall tell you: stirre it continually, put thereto some pure Rose water, or Damask water, let it seeth on height, till it be well standing, which thing ye may knowe, by taking some of it vpon a colde knife, sheweth it thicke, if it be thicke, then take it off, and boyle it while it is warme, and set it in a warme bottle aye: if you will gilbe your Marmalade, do as afoze is spoken of a Marchpane.

The best making of a Marmalade is when the Apples haue layne long, and are thorough ripe, and very yellowe, as in Lent season.

And to be as thicke as Quinces are bynding, and therefore not good for some sicke folks to eate, it is necessarie to put a good many of ripe Apples of good verdure, as Renet, Wippes, and Bing, Russeting, Pomerall, Rex pomorum, or any other Apple that is pleasant taste, among them, taking firste draine them from a Martle, and then sodden a-
mong

mong the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also encrease the quantitie and verture of the same, especially if it be well washed with sweet water.

To make Marmalade of Damsons, or Prunes. Cap. 18.

Take Damsons which are ripe, boyle them on the fyre with a little fayre water, till they be soft, then draine them through a course Boult, as ye make a Martell, set it on the fyre againe, sett it on height with sufficient sugar, as you do your Quinces, dresse it with sweete water, &c. and boyle it.

If you will make it of Apples, enen like wise do put some Apples also to it, as you did to your Quinces.

This likewise you may make Marmalade of Marjorians, Peares, Apples, and Apples, Service, Chethers, or Strawberies, euerie one by himselfe, or else mixe it together, as you thinke good.

To make Succade of Peeles of Oranges. is. q. and Elmond. Cap. 19.

Take off your Peales by quarters, and sett them in fayre water, from three quarters, to three pintes, then take them out, and put to as much more water,

13. iii.

water,

The Closet, or Treasurie,

Water, and leech them likewise, and so on a-
gaine, till the water wherein they are leech-
den haue no bitterness at all of the peales,
then are they ready. Nowe prepare a Syrop
as ye do for Quinces condit in the Syrop in
the 17. Chapter before written; leech them in
a glasse or pot.

To make Greene Ginger. Cap. 20.

Take the Rases of Rased Ginger of the
weight of a pound, and use them as followeth: Lay
a broad lath of layre sand upon a lath
holed on the ground; halfe an inch thicke; then
lay your Rases of Ginger upon the sand in
order, so that the Ginger maye be a lath
fowre or five fingers thicke, sprinkle the sand
ouer with faire water; which do so dayly that
it be as moiste, thus dayly do until ye shall per-
ceiue your Rases to be soft. When take up
your Rases, washe them and scrape them
cleane, haue a Syrop ready made as above
is saide; leech them in it till they be well sea-
soned. Make them up, and with some of the
Syrop, cast them, or put them in a potte of
steele.

To make Manus Christi. Cap. 21.

Take halfe a pounde of white suger,
put thereto fowre ounces of Rased wa-
ter, leech them upon a soft fire aboue
till the water be consumed, and the
suger

Of hidden secrets.
Singer is become harde, then put therein a
quarter of an ounce of the powder of pearls,
stirre them well together, put soe euery
spohetfull a pece of a leafe of golde cutte of
purpose: cast them vpon a leafe of white pa-
per, beeing first amoliated with the oyle of
sweete Almondes, or sweete butter, for clea-
ning for.

To make Ipocras. Cap. 22.

Take of cholen Smanon two ounces
of fine Singer one ounce, of Grames
halfe an ounce, bruse them all, and
stampe them in to a powder vntill
good odiferous wine, with a pound of suger,
by the space of foure and twentie houres,
then put them into an Ipocras bagge of
wollen, and so receiue the liquor. The readi-
est and best way is to put the spices with the
halfe pound of suger, and the wine into a
bottell, or a close potte stopp'd close, and
after foure houres it will be ready, then tast
a thinne linnen clothe, or a piece of a boulder
of be on the mouthe, and let in so much reu-
drough as ye will become at once, and keepe
it best close, so it will so well keepe both
the soure, good, and vertue of the wine, and
the spices.

The Closet, or Treasurie,

To make Conserue of Roses, or other
Flowers. Cap. 23.

Take the buds of red Roses, somewhat
before they be ready to spread: cut the
red part of the leaues from the white,
then take the red leaues and beat and
grind them in a Stone mortar, with a pestel
of wood, and to euery ounce of Roses, put iij.
ounces of Sugar in the grinding (after the
leaues are well beaten) and grinde them to-
gether till they be perfectly incorporated,
then put it in a glasse made for the nonce,
and of purpose: or else into an Earthen pot,
stop it close, and so keepe it.

Thus ye may make Conserues of all
kinde of Flowers, used therewith.

The vertue of the Conserue of Roses.

Conserue of Roses comforteth the Sto-
mache, the heart and all the bowels, it
mollifieth and softneth the bowels, and
is good against blacke Chollic and Melanco-
lic. Conserue of white Roses doth loose the
bellie more then the red.

To make Conserue of Violets. Cap. 24.

Take the flowers of Violets, and pick
them from the stalke, beat and grinde
them with suger, as you do your Ro-
ses: to these put double the weight of
suger, to the weight of Violet flowers, but
to all

of hidden Secrets.

to all flowers put the partes of sugar to
one part of the flowers.

The vertue of the same.

Conserue of violet flowers is good against
the heat and inflammation of tholler, cal-
led yellow tholler, it quencheb the fire
nelle, it maketh the bellic moist and solable.

The Vertue of the Conserue of

Buglosse.

Cap. 25.

Conserue of Buglosse flowers, comforteth
the hote heart, it is good for the frantick
for the Lunatick, and for Melancholick,
it is good for the Sincop and swooning, it ta-
keth away heart burning, and trembling of
heart by storme; it prouenteth against chollet.

The vertue of the Conserue of Rose.

Cap. 26.

Conserue of Roseage flowers, is of like
vertue, it is especially good against black
tholler by Melancholie, it also maketh
one merie.

The vertue of the Conserue of Rose-

marie.

Cap. 27.

Conserue of the flowers of Rosemarie,
comforteth the colde and moist braine,
it comforteth also the sinowes, it is good
against melancholie and fiewme.

To keepe Cherries Condict, or

Gooseberies.

Cap. 27.

Make

The Cloet, or Treasurie,

Make your Syrop as for plummes, then take halfe a poynde of Cherries, & cut off halfe the length of the stalk of euery Cherrie, put them into the Syrop, and vse them as you did the Plummes, put in what spice that pleaseth you, and so keepe it as before is written: but make your Syrop strong enough of suger, least it ware hoze and corrupt, then must ye make a new Syrop stronger of the suger, and put the Cherries in it to keepe, as before is saide. Thus ye may do with Cowberies, to make of them Tartes or Saluces all the yere long, sauing that the Cowberies maye be well sodden without breaking, because of their rough skynne, so it be softly and diligently done.

The vertue of the Conserue of

Succarie. Cap. 28.

Conserue of Succarie is good against yellow and blacke Choller, and in the burning and heate of hote Feuers.

The vertue of the Conserue of Elder-flowers. Cap. 29.

Conserue of flowers of Elder, is good against the Scorphe, it cleaseth the skinne and the whole bodye from scabs.

Gather the clusters, or bunches whereon the flowers grow when they are newe blowne

and

and spread: lay them vpon a layze sheete a-
broad in a Chamber a day or two, till ye
heat perceine the flower will shake off and
fall away, then picke them cleane, and make
therof Conserue, as ye doe of other flowers.
And Cinchona is it is more holsonie then plea-
sant, therefore put some other Conserue
(suche as you like) amongst it; when ye will
occupie it: thus. To be used old and
new. The vertue of the Conserue of Sarnel
Cap. 30.

Conserve of Mayrell is good against all
 moving of heart of the stomach, and
 might the principall partes of the body and
 against yellow Cholera, as follows: Put to
 of Cinibarbans of Mayrell, wash them
 cleane, and shake off the water cleane, wels
 tarby! Let the water be dried cleane, beat
 them, and Grinde them with suger, as above,
 and then keep the in. 2310. H. 2310. H. 2310. H.
 The virtue of the Conserve of Mai-
 : 2310. H. 2310. H. 2310. H. 2310. H.

Conferrus of the Beavens of Paydenheire
 Against the Siderelle of the side,
 Against the Pdeumiege, and for all the
 diseases of the breast, and of the Lungs, and
 in the Plague of Melancholie, and against
 every Cholera. Take it as you do conferrus
 of Dozell.

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To

The Closet, or Treasurie,

To make Conserue of Elicompana
Rootes. Cap. 32.

Take the rootes of Elicompana, wash them
cleane, slice them into peeces, as big as
your thumb, seeth them in saltewater,
till they be tender, take them vp, and pwayne
them, and dray them through a heire sieue,
put thereto in the second seething, the double
or treble weight of suger, and when the su-
ger is perfectly incorporated, take it off and
keepe it.

The vertue of the same
The Conserue of Elycompana is good to com-
fort the stomacke, and the nourishing
of the members, it marvellously helpeth
to edghe the humors, dissoloth, and consumeth the
same, by the sieg it auoideth it. To
To make conserue of Acorns, or Gladen
The vertue of the same. Cap. 33.

Take the Rootes of yellope, or yellope
is liche, which groweth in moist ground,
otherwise called a flagge roote: wash
them, and scrape them, seeth them, and
order them as ye haue of Elicompana, put
before rehearsed, and so keepe it. This con-
serue is good against all sicknesses of the braine
and sinewes, it maketh all diseases of the braine,
into a common it openeth naturall course and
tearmes.

And

And you must generally learne, that in making Conserues, frutes and roses are made with fire and seething: but flowers are made without fire or seething. Whoeuer, the more suger or hony is put into them, so it be not past thye pound to one, the Cōserue shall continue the better.

To make conserue of Strawberies, with the vertue of the same. Cap. 34.

Take Strawberies one quarte, cleane picked and washed, set them on the fyre till they be softe, straine them, put there to two times as much suger in powder as weight of the Strawberies, let them seeth till the suger be incorporated with the Strawberies, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The Conserue of Strawberies is good against a pore luer, burning of the stomacke, and specially in the feruent heat of an ague.

Thus make conserue of Damaskes and Pjunes.

To make conserue of Cherries and Barberies. Cap. 35.

Likewise you must make Conserue of Cherries, and also of Barberies, saying that these require more suger then the other do, which are not so salte as they be.

¶ Here

The Closet, or Treasurie,

¶ Here is to be noted, that of Conserues of fruites maye bee made Marmalade: for when your Conserue is sufficiently bodden, and ready to be taken off, then sceth it more on height, and it will be Marmalade.

¶ Moreover, some make their Conserue, Marmalade, and Syrops, with cleane suger, some with cleane hony clarified, some with suger and hony together: and after the opinion of some great Clarkes, hony is more wholesome, though it be not so twythome as is suger.

To make all kinde of Syrops.

Take Bugloss, Morage, white Cardus,
of eache one handefull, of Marshmallis

Thyme, Hysope, winter sallerie, of each halfe a handfull; sceth them (being first broken betwene your handes) in three quarters of water: unto three pintes; then Boile it; and put in the liquor whole cloves an ounce, powder of nuttong halfe an ounce, powder of ginger a quarter of an ounce, one Nutmeg in powder; of suger halfe a pound or more: let them seeth vpon a soft fire, well stirred for burning so, vntill it come to the thickness of lye hony; then keep it in Calley pots. If you put one pint of Malinsay in the seconde seething, it will be better: When it

is perfect, haue five graines of fine Muske in powder, stre it amongst your Syrop, as yet put it into the Galley pot; and coner it.

This Syrop will last many yeeres, and is excellent against swoynng and faintness of heart, it comforteth the braine & sinowes, if it be vsed as muche as a Haselnut at once, at your pleasure.

A Violet powder for wollen clothes and Furres. Cap. 37.

Take of Treos two ounces, of Calamus Aromaticus thre quarters of an ounce of Cipres, of Caltingale, of Spikenall, of Rose leaues dried, of each a quarter of an ounce, of cloues of Spike, of Lauender flowers, of eache halfe an ounce, of Nigella Romana a quarter of an ounce, of Beniamin. of Storax Calamite, of eache halfe an ounce, let them be all finely beaten, and searced: then take two or thre graines of Muske, dissolve it in Rosewater, and sprinkle the water vpon the powder, and turne it vp and downe in the sprinkling, till it haue drunken vpon the water; when it is drie keepe it in bagges of Silke.

A sweete Powder for Naperie, and all Linnen clothes. Cap. 38.

Take of sweete Pariorum (that is hyde, that is the sweeter) when it hath in him
sa d: 9

The Closet, or Treasurie,

seedes ripe, cut the branches, so that the
roote may spring againe, when this Mario-
rum is dried, then rub out the Seedes and
keepe them to some about Easter, and the
bushes and leaues that growe about the
Seedes take for your purpose, rubbe them
small betwene your hands (for if you beate
them to powder in a Morter, they will lose
the moste parte of their sauour) then take of
white Saunders, or of grey Saunders, but
looke that they be newe of right sweete o-
dour, for if they be olde and haue no pleasant
and quicke odour, they are nothing worth:
take (I say) of these sweete Saunders, beaten
into fine powder, one ounce, and put it into
an ounce of your sweete Mariorum, rubbed
betwene your hands, as before is saide, and
thpon put one or two graines of muske ther-
vnto, for your wearing linnen it is the bet-
ter, sewe these vp in a Silke bagge together
and laye it among your Linnen, of suche
bagges haue a dosen or two, which will con-
tinue many yeares, and when you looke to
your Linnen, then chafe each of the bagges
betwene your hands, that they may yelde
out their sweet odour. Moreouer, in the Sum-
mer time, gather red Kirles in faire weather,
in soone as they be blowne, and opened, laye
them vpon a Table, a bed, or a faire smoe
of

of borders, and noine and then remoue them, least they moulde, and ware soysie. When they are drie, picke off the leaues, that you may haue two perkes of them, then strawe them among and betwene the boughtes and souldinges of your Linnen, with one handfull of drie Spike flowers, to fire handfull of drie Roses, and lay your sweet bags amongst them. Be sure that your Linnen be ever through drie, or else ye laye them by, or else the Roses will ware hoze, let your coffer in a drie ayre, and in the winter time, or in wet weather, when ye perceiue your Roses to ware moiste, then put them into a pillowe, bore or twaine, that they fall not out, and lay them vpon your hedde, betwene the Couerlet and the blanket all night, or else before the fyre, let them drie, and strawe them againe.

Moreouer, ye must alwayes haue a bagge full of drie Roses in store, kept in a drie ayre, for if he lose his rednesse, he loseth the Rose his sweetnesse.

Finally, ye must every yere put awaye your olde Roses, and occupie new, but keepe your sweet bags still many yeres.

To make a Pomamber. Cap. 39.

Take of Benjamin one ounce, of Storax Calamitate halfe an ounce, of Labdanum

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The Closet, or Treasurie,

the eight part of an ounce, beat them to powder, and put them into a brassen Ladle; with a little Damask or Rosewater, set them ouer the fire of coles, till they be dissolved; and be soft like wax. Then take them out and chafe them betwene your hands as you do wax: then haue these powders ready, finely seared, of Sinaimon, of Cloues, of sweete Sanders, gray of white, or ech of these three powders halfe a quarter of an ounce, mixe the powders with the other, and chafe them wel together, if they be too drie, moysten them a little with some of the Rosewater left in the Ladle, or other: If they were colde, warme them vpon a knifes point, ouer a Chafingdishe of coales: then take of Amber Greace, of Muske, and Cinet, of eache three Graines, dissolve the Amber Greace in a silver spone ouer the hote coales, when it is colke make it small, put it to your Muske and Cinet, then take your Borne that you haue chafed and gathered together, and by little and little, (with some sweete water if neede be) gather vp the Amber, Muske, and Cinet, and mixe them with your Ball, till they be perfectly incorporated, then make one Ball or two of the lump, as yee shall thinke good, for the weight of the whole is aboue two ounces, make a hole in your Ball,

of hidden Secrets.

Ball, and so hang it by a Lace.

If you perceiue that the Ball is not tough enough, but too brittle, then take a turtelle of Storax liquida, and therewith temper your Ball against the fire, but take not too much Storax liquida, because it is too strong.

Or the better way is to haue some Clove called Dagaganthum, ready dissolved in sweete water, it will bee dissolved in two dayes, and with that, gather your Ball with the heate of the fire: this Ball will be of like goodnesse, within as without, and of great pite.

Some men put in the making hereof, three or foure dropes of the Oyle of Spike, beware of too much, because it is verie strong.

When you will haue your Ball exte in sweetenesse, breake it, and haue two or three graines of Spike, or Ciner, or Amber greace, as you delight in, or altogether, dissolve them in Rose or Damaske water, and with the same chafe your Ball ouer the fyre, till all be drunken in, then pearce a new hole as before.

Cy.

To

The Closet, or Treasurie,

To make a fine Fumigation to cast
on the coles. Cap. 40.

Take of Benjamin one ounce, of Storax
Calamite halfe an ounce, dissolve them
as for a Domeander, then haue ready
these woods in powders, or one of the,
Ginger, or Cypres, or of white Saunders,
and Cloues, of either halfe a quarter of an
ounce, all in fine powder, mix them all toge-
ther: and with some Storax liquida gather
them together with the beate of syre, then
make them round, of the bignesse of a blacke
Bloe, and with your Seale print it a Cake,
while it is warme and soft.

Of these cast one or two vpon a chaffing
dish of coales, to purge all pestiferous infec-
tion and corrupt ayres out of your house: if
you put to the other thinges, the powder of
Amber beades, it will be the sweter.

Some put also Labdanum, as before is
saide in making the Domeander, herein do
as the saour thereof shall please you.

To make the same in Oselets.

Cap. 41.

Take a little of the fine powder of Sal-
loir, or willow coles, mix it with some
of your fumigation last before named
in the making worke them well toge-
ther,

ther, then fashion it with three or foure fete
like a Clove, and when it is drye, kinde the
end of it at a quicke Coale, and it will yeelde
a sweete savour, put not too much coales, for
then it will savour of them; put not too little
coales, for then it will not kepe fyre: put
not too much Storax liquida, for then it will
be too brittle and too moyst, and will not light-
ly drie: therefore it shall be very well to have
some gumme of the Cherrie tree, or Blin-
tree, which they call gumme Arabike, dissolve
some of it in sweete water; till it be thicke
and tough, with this gather your Dislets, or
other fumigations.

A moyst Fume, vpon a Fuming dish.

Cap. 42.

Take a peece of Romaineamber, as bigge
as a Bassell Nut, druse it, put it into
your fuming dish, with sweete water,
put thereunto a fewe Bay leaues, as
muche of dried Bassell leaues, a little Rose-
marie, and let it ouer the fyre, vpon a Cup-
borne: also in stead of the Romaineamber, put
two or three of the Cakes before written,
broken small, and nine or ten whole cloves:
and if you will haue it excellent sweete, then
put one or two graines of Spicke, and let the
leaues and them stande ouer that fyre toge-
ther, as before is said.

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The Closet, or Treasurie,

A Fumigation for Presse, and clothes, that
no Moth shall breede therein. Cap. 43.

Take of the wood of Cyresse, or of Juniper,
of Rosemarie dyed, of Storax Calamite,
of Benjamin, of Cloves a like weight, bea-
ten into powder, then take of the powder
of Malmetomb leaues dyed, as muche as
all others: mixe them well together, cast
thereof upon a chafin dish of coles, and set
in your presse, and shut it close, and thus do
six times, till you have well seasoned your
presse or clothe.

A powder wherewith to make sweete
waters. Cap. 44.

Take of the wood of Cyresse, or the rotes
of Galingall one quarterne, of Calamus
Aromaticus one quarterne, of Orace or
ris one quarterne, of Cloves one quarterne,
of Storax Calamite one quarterne, of Benia-
min one quarterne.

Of ye may take of each of these one ounce
in a pound, let all be beaten into powder:
and when you will distill your roses, fill
your still with rose leaues, and a fewe
sprigs of rosmery, and upon the toppe of some
strawle some of your powders, and to distill
them.

Some put a little of the powder of Nigella
Romana, to the other powders.

These

These Cakes will be very swete, put the water in a large Glasse, and to the pot put twelue Graines of Muske, let it hang in the midst of the water, in a thynne linnen cloth, with a thread, let it in the sunne twentie or thirtie dayes, then take the Glasse in, and let it in a dry ayre.

Another maner of making of Damask water. Cap. 45.

Take of Arace, or Iris, of Spike flowers dried, of Cloues, of each one ounce, make them in powder, put them together, with a pint of new ale in cornes, and one pint of rosewater in an earthen pot, put thereto a good many of grene roseleaves let them soke in it a night time, stopped close, in the morning when ye shall Distill, firste laye other Roseleaves in the bottome of your Stillatorie, for feare of cleating so, then take of the Roseleaves out of the pottle, and putte them with other grene Roseleaves, in your Stillatorie sufficient, and to the water put Muske, as aboue is laide. This water is excellent to set forth a Cart, an Apple mayse, or Almond butter.

Powder of Holland against Collicke, and the gnawing of the belly. Cap. 46.

Take Cinamon, Anis seede, Fenell seede, Cammin seede, of each a quarter of an ounce,

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ounce,

The Closet, or Treasurie,

ounce of Maueh Lyquoris thre quarters of
an ounce, of Calingall one ounce and a half,
of Spikehard a quarter of an ounce, of Scene
of Alexandria two ounces: beate them all in
to fine powder, and serue them, whereof take
a quarter of an ounce in a messe of Pottage.

Powder to make the belly soluble, causing
a gentle laske: meete for Noble
personages. Cap. 47.

Take Scene of Alexandria, one ounce, of
fine Ginger halfe a quarter of an
ounce, of Annys seede a quarter of an
ounce, beate them into fine powder,
& searce them, put of this powder into four
loz sugar, and make losings as before of the
whole, the number of sixtene, whereof dis-
solue two of them in a messe of pottage, or in
a cuppe of wine fasting in the morning, and
faste one houre after: if you do put as much
of Sugar in powder as the weight of the
whole powder, ye may keepe it in a bladder,
and the whole powder will serue eight times
to receiue, as euen now is said.

A recet to restore strengch in them that
are brought lowe with long
sicknesse. Cap. 48.

Take of the braine of a farrant, or par-
tridge, or of a Capon fowen or rolled,
of eche a quarter of an ounce, & searce
them

them in Rolewater two bowlers, of the kernels of pears, called Pistachio, and of the kernell of the Pine apple, of eache a quartett of an ounce: of Cinamon in fine powder the weight of twenty Barley coynes, of the seedes of Dianthes, Diamargariton, Letificentes, Calents, of eache the weight of Toffie graines or Barly coynes, of the rinde of Mil-lon, Bepon, Cardo, and Cinnamon, of each the weight of ten graines, the skinne taken off, let them be all groundes small, then take five ounces of Sugar, dissolved in Rorag water, seth it on height, as for Looings, and when it is sodden ynough, then put in all the other geare, and make Looings thereof. Whereof one is sufficient at once, dissolved in a masse of Pottage, or a draffe of drinke: thus do two or three times every day.

To make Looings. Cap. 49.

Take a pound of Sugar, and as much Rolewater, or other distilled water, as for Spanus Christi, seth them likewise, and when ye will knowe when it is sodden ynough, take out some spoonfulls of it, and let it keele, and if it be hard like sugar, then it is sodden ynough: then put into it of any of the powders hereafter next follow-

ing

ing one ounce: Stirre them well together, lay it vpon a paper oyled, drie it as thin as you thinke mete, lay it on your Golde leafe with a Conies taylor, cut your Rings Diamonde fashion, and so keepe them.

To perfume Gloues. Cap. 19.

Take the Gloues & walbe them in Rose water, or Damask water, til the scurf of the leather be gone, and then stretch them forth softly, and keepe the water you walbe them with still: then hang them vp to drie, and then lay them in a cleane linnen cloth, that is scolded three or foure double, and when they be drie, let them lye in Rose-leaves dyed a day or two, then take oyle of Cinet Almondes, and Muske, and grinde them together vpon a Marble stone, stretch them forth softly: and with your hand annoynt your Gloues in, or iij. times, and euer among stretche them forth, then let them drie, and euer stretche them forth softly, as they drie. Then take Sandifer mixed with a little Amber greace, and strawe the powder of it, vpon them, and laye them in a paper, and in a box: or else melt the Amber greace: with a quantitie of Rose water, and mixe the Sandifer in it, and so annoynt the Gloues with the same: then let them dry, and lay them in faire white paper.

101 2. To perfume Gloues another way.

Take the Gloues and walsh them as
aforesaide, three or foure times, and
washing them every time softly, then
take graine of Diagagant and trape
it in fine Damaske water one night, then
straine the water through a fine linnen cloth
and take the Camom and mixe it with an
ounce of Amber greace, and a quarter of an
ounce of Muske, first grinde your Amber
greace with oyle of Turpentine, then min-
gle it together, and rubbe your Gloues with
the same: laye them to dry, and lay a paper
betweene.

3. A preparatiue for Gloues.

Wash the Gloues as aforesaide, till
the sent of the Leather be gone,
then take Benjamin two ounces,
of Storax Calamite one ounce, let them be
very fine, then take oyle of Clove Annise
and mingle it with Benjamin and Storax,
upon a sparrie stone. When it is well
brande, put it into an earthen pot with
more Oyle of Clove Annise, then putte
in Gloues in powder, and so let it stande
very cloase covered: and when you shall
take a little Rosewater in a sponge, and
rubbe the Gloues softly, and then in the
maner

maner with the Oyle called Cinit oyle for
the same purpose.

4. Another way.

Take twelue graines of Musk, six grains
of Amber greace, three graines of Sto-
rax Calamite, six graines of Beniamin,
and a few Cloues: grinde all these together
with oyle of Cinit, Almonds. First wash your
Cloves with Fusses, dissolved a day in Da-
mask water.

5. Another for Gloues.

Take your Gloues and washe them in
Rosewater, once or twice, till all the
scurffe be gone from them, and then let
them drie, and stretch them well out, fin-
gers and all. Then plaine them, and washe
liberally or twice, then take two ounces of
Storax & as much Beniamin, made in pow-
der, besmeare your Gloues all over, on a lincloth
before they drie, then hang them to
drie, and when they be drie, save the powder
that is left.

Then take a pint of Rosewater, and two
ounces of Storax, and two ounces of Cin-
amon, put all these in powder, and cast them
to the Rosewater, & let them lye in a close
Vessel covered.

Then take a fine lincloth, and wash them
over.

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Of hidden Secrets.

6. Another way to perfume.

Take Amber greace a dram, of Musk halfe a dram, of Susses a dram, of Civit halfe an ounce, put al these together in a pint of Rosewater, or Damaske water.

7. Another way.

Take a dram of Amber Greace, a dram of Benjamin, halfe a dram of Susses, a dram of Storax, a quarter of an ounce of Labdanum, put all these in Rosewater.

A perfume for Chests and Cupbords,
and also for Gloues. Cap. 51.

Take Benjamin and Storax, of each one ounce, Labdanum and Susses, of each a quarter of an ounce, halfe a dram of Civit. If you burne it for Chestes or Cupbords, beate it in a hote mortar. If it be for Gloues boyle it, and put it to Rosewater.

To colour Gloues. Cap. 52.

You must haue hulles of graine Walnuts, that masse lye in water all the yeere long: roll them well with these hulles, and make them as dyed colour as you may.

How to colour Gloues yellowe
within.

To colour Gloues yellowe within, take the yolkes of twentie Egges, and put

The Closet, or Treasury,

put them in a frying Pan, with a soft fyre; stirre them euery, and brule them with a Raddle, and the oyle that ascendeth of them, being appointed on the inside of the Cloues, will make them loke yellow.

To make Muske Sope. Cap. 53.

Take strong lye, made of Chalke, and fire pounde of stone Chalke, foure pounde of Bees Suet, and put them in the Lye in an earthen pot, and mingle it well, and keepe it the space of fourtie dayes, and mingle and stirre it thre or foure times a daye, till it be consumed, and that that remaineth seven or eight dayes after, then you muste put a quarter of an ounce of Muske, and when you have done so, you must also stirre it, and it will smell of Muske.

To make red Spaling waxe. Cap. 54.

Take to one pound of ware thre ounces of cleare Turpentine in Sommer, in Winter take foure: melt them together with a soft fyre, then take it from the fyre and let it cole: then put in Mercurius very finely grounde, and Sallet oyle, of each an ounce, and mixe them well together, and it is perfect good.

To keepe Damascins in syrop. Cap. 55.

Take Damascins, and picke them with a knife or a pinne, then take clarified Sugar, as much as you shall thinke will
serue

serue, and then you muste boyle it till it be
thicke as birdstyme. When boyle your Damas-
masins in the clarified Sugar till it be softe,
then take them vp and put them in a Glasse,
then you muste boyle the Syrop, till it be as
thicke as the other was, before you put in the
Damasins. And as soon as it is so thicke, you
must poyze it into the Damasins, and so co-
uer them close.

To know whether a woman shall euer
conceiue, or no. Cap. 56.

Take of the reine of a Hare, and hauing
frayed and consumed it in hote water,
giue it the woman to drinke in the morning
at her breakfast, then let her stande in a hote
bath. And if there come a greese or paine in
her belly, she may conceiue: if not, she shall
neuer conceiue.

To make a barren woman beare
children. Cap. 57.

Take of these little Sea fishes, called in
Latin Polipodes, and roast them
upon the Embers without oyle, and let the
woman eate of them, and it shall profite and
helpe very muche, hauing in the meane time
the companie of a man.

To make women haue a quicke and speedy
deliuerance of their children, and without
paine, or at least very little. Cap. 58.

Take

The Closet, or Treasurie,

Take leaues of Bittanie, and stamp them
or els make powder of them, and giue the
woman that laboureth, drinke of it with a
litle water, and she shall be deliuered incon-
tinent without any great paine or labour.

For the gnawing in a womans
Stomacke. Cap. 59.

Take a good handfull of Soperemint, and a
handfull of wormwood, and beate a Tile
stone, and laye these two things on it, and
make a litle bagge, and when the beebes
be hote, put them in the bagge, and so laye
them to her stomacke.

To make a sweete Damasco powder
in foure maner of wayes.

Take two or three handfulls of dried Rose
leaves, two graines of Anise, halfe an
ounce of Cloues, and beate these all to
powder.

2. Another waye

Take five ounces of Orace, foure ounces
of Cloues, two ounces of Storax Ca-
lamite, one ounce of Labdanum, with two
ounces of yellowe Sanniers, and a litle
Spiske.

3. Another waye

Take two ounces of Cloues, foure ounces
of Spruce, foure ounces of Storax Ca-
lamite, foure ounces of Roses, three ounces
of

of Benjamin.

Another way.

Take three ounces of Cyprus, foure ounces of Benjamin, two ounces of Clo-
liander or Labdanum, three ounces of
Stoeax calamite, two ounces of Roes,
beate all to powder.

To make Pepper soft : with the ver-
tue of the same.

You shall do this after the same manner
as is shewed for greene Ginger, in the
xx. Chap. that is with sand, and the like
Syrope, season and keepe them. Ginger and
Pepper in syrop, comforteth a cold stomach,
and helpeth much to good digestion.

To keepe Barberies.

Take clarified Sugar, and boyle it till it
be thicke, which you shall perceiue, if
you take a little betweene your fin-
gers, it will rope like birdlime : then put in
your Barberies, and let them boyle with a
softe fyre, untill you perceiue they be tender,
then put them in a Glasse, and couer them,
and so keepe them.

For the ague in a womans brest. Cap. 69.

Take Hemlocke leaues, and scie them
in sweete butter, and as hote as she
maye suffer it, lay it to her brest, and
lay a warme white cotten, and it will

The Closet, or Treasury,

dyne it away in short time. remained is

For the vnnaturall heate of the
 and 100 Cap: 61
Take Borage; Buglosse, Succorie, Thio-
 lettes. Humtorie, young Hopstuds, Fe-
 nell bums, of each a quarter of a hande-
 full, young Malloves and Mercurie, of each
 halfe a handefull, boyle these in a pottle of
 They, and straine them: 100

For the canker in the mouth. Cap: 62

Take halfe a pinte of Ale, and a spaig of
 Rosemarie, and seeth them together, and
 add four yonge Ale, and then put in a peece
 of Allum, as much as a Nut, and a sponge full
 of Hony, and this sponge full of Hony suckle
 water. 100

To make the face sayre, and the breath

11. 100 Cap: 63

Take the flower of Rosemarie, and boyle
 them in white wine, then walbe your
 face with it, and use it for a drinke, and
 so shalt you make your face sayre, and your
 breath sweete. 100

To make haire as yellow, as gylde. Cap: 64

Take the Rascio: scrapings of Hau-
 nts back, and seape it in dubbing wine, or in
 and cleare it. And after you have washed
 ons, your head with it, or with ale wet your
 haire, with a sponge or some other cloth,

surge

J. G.

and

and let them dye by the fire, or in the Sunne
After this, wet them and drie them againe,
for the sfiner they doe it the faster they will
bee, without hurting your heade any thing
at all.

To drine away all venomous Beastes
from your house. Cap. 65.

Take Joniper, the leede of Agnes Cal-
lus, the shels of river Crabs, Warts
hoone, the greate or suet of a Bucke,
Berse or towne Cresses, Organeyne
Dittanie, make of all these drugs a dewe or
paste. And when you will vse or occupie it,
burne it, for wheras the smoke therof goeth,
the beastes will boyde away.

Against all poyson eaten or drun-
ken. Cap. 66.

Having knowledge that any man is
poysoned, the cheef remedy is to make
him vomite the poyson, in giuing him
Oyle Olive take warme to drinke,
alone, or mixt with warme water. And if
you haue no Oyle, giue him Butter with
hote water, or with the decoction of Wyne
sarde, or the sarde of Pettles, or of Semi-
grecum, and all these things purge the Ve-
nome as well downewarde, as upwaide.
After hauing made him vomit diuers times,
you muste purge him with sharpe glisters
D. y. downe.

The Closet, or Treasury,

Downewarde. When giue him water mixt with Honie, and also olde wine ynough to drinke. But if you can get good Triacle or Mitridate, they are the principall agaynst poysons, with Terra sigillata, Acozne Shells, and giue it him in good wine. Let his meate be the fatte fleshe of olde Beastes, and fatte brothes, specially of Hens and fat fishe, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To driue away Lice. Cap. 67,

Take excense, and the larde of a barowe Hog, properly called Barowes greace, boyle them together in an earthen pan or pot leaded, and with this oyntment rubbe and annoynt the place where the Lice bee.

Howe to make a soueraigne water, that Master Doctor Steuens Physitian, a man of great knowledge and cunning, did practise, and vsed of long experience. And therewith did very many cures, and kept it alwayes secret, till of late, a little before his death, a speciall freend of his, did get it in writing of him. Cap 68.

The Receipt.

Take a Gallon of good Cal-
coine wine, then take Gina-
ger, Calingall, Camamill,
Sinamon, Nutmegs, Carda-
nes, Cloves, Mace, Annise
seeds, Fenell seeds, Carad-
way seeds, of euery of them a dramme;
then take Sage, Minte, Red roses, Tym-
thellitorie of the wall, wilde Margerum,
Rosemarie, Bennie mountaine, other wilde
called wilde Tym-
e, Camamill, Lauender,
and Ruens, of euery of them one handefull;
then beat the spices small, and bruse the
Herbes, and put all into the Wine, and let
it stande twelue howers, stirring it diuers
times: then still it in a Limbeck, and keepe
the first pinte of the water, for it is the best:
then will come a seconde water, which is not
so good as the first.

The sundry vertues and operations of the
same many times approued.

The vertues of these waters be these: it
comforteth the spirites, and preserveth
greatly the youth of man, and helpeth
the inwarde diseases, comming of colde, a-
gainst taking of Palsey: it cureth the con-
tractions of sinewes, and helpeth conception
of Women that be barren, it killeth the

To heale all manner of inflammation, and
swellings, disposition of the reyre, leaperies,
burnings, great swollen legges, or inflamed
eyes, and handes, and Cap. 70. 71. 72. 73. 74. 75.
Take the flower, or Jewellum made of Bala-
ne, which ye shall easily finde at the
Apothecaries, and sa the it halfe an
homer in comon water; then straine
it, and put it into another newe potte, that is
cleane and deale; puttinge to it a litle Ope-
lowes, Sarcocolla, Hops, Cardus and Horage
and seeth all these together until it be dissol-
ued; and ad to it an ounce of Sandall; and
then straine all, and take in a linnen cloath,
as much Cassia extracta; as will goe into
the Suts; and put it within the sayde lyn-
nen cloath with the Cassia, while the water
be hot; pressing it so harde betweene your
two fingers, that the substance of it maye
goe into the saide water; then put it to Su-
ger, or Perides, and muche as you will. Of
this ointment, which is of a very variable use
you must take from day to day, a litle
Glasse full in the morning, lying in your
bedde with your brest upward, then lay-
ing some linnen cloathe vpon your Sto-
mache; sleape if you can, and take of
it also after you be vp, and haue done
your

The Closet, or Treasure,

your necessities, the which doing, you shall finde your selfe verie well healed in fewe dayes. But beere note that this must be done in the Sommer, and not in the Winter, and he that hath his Stomacke very colde, may weare before his breast some pace of Scarlet, or other cloath, and sometime annoint his Stomacke with an Oyle made for the weaknesse of it, the perfect composition whereof, we will put hereafter.

A singuler Ointment, which healeth all burning with fire, not leauing any skarre where it hath bene. Cap. 71.

Take the white of two Egges, two ounces of Tutina Alexandrina, two ounces of quicke Lime washed in nine waters, an ounce of newe ware, with as much Oyle Rozet as shall suffice, and make therof an ointment, which ye shall finde very good for this that we haue spoken of.

To draw an Arrow head, or other yron out of a wound. Cap. 72.

Take the iuice of Walcrian, in the which ye shall wet a Tent, and put it into the wound, laying the saide beards stamped vpon it, then make your binding or bands as it appertaineth, and by this meanes you shall draw out the yron. And after heale the wound according as it shall require.

For

For him that hath a burch on his head, or
that hath his head swollen with a tumor
and it should fall. Cap. 73.

Take an ounce of Baye salte, rather haue
the three ounces, Cummin three ounces,
and Serpentine two ounces, inter-
mingle all this well vpon the fyre;
then laye it abroade vpon a Linnen cloath;
and make thereof plasters, the which you
shall laye vnto his head, and it will altoge-
ther asswage the swelling; and heale him
cleane and neate.

To know what time in the yeere hearbes
and flowers should be gathered in
their full strength. Cap. 74.

Medicines are made diuers and sundrie
wayes, some by leaues, some by seedes;
some by rootes, some by hearbes, some
by flowers, and some by fruits. Such leaues
as are put in medicines, should be gathered
when they be at their full blooming, ere that
their colour be changed, or that they fade any-
thing.

Herbes when they bee full ripe; and the
moystnesse somewhat dried away.

Flowers should be taken when they bee
fully open, ere they begin to fade.

Herbes should be gathered when they be
full of sappe, and ere they shinke.

Notes

The Closet, or Treasurie,

Herbes should be gathered when the
leaves fall, & follow the sunne & the wind

Fruites should be taken when that they
be at their full growth, as when they fall;
and the heavier fruit is, the better; and those
that be great and light in ponderation, chose
not them, and those that be gathered in faire
weather, be better then those that be gather-
ed in raine.

And those Herbes that groweth in the
fields, are better then those that groweth in
Townes and Gardens, and those that growe
eth on hills in the fieldes be best for medi-
cines, for commonly they be lesse, and not so
fat, and haue more vertue then those

in many Herbes there be that haue special
time to be gathered in: and if they be gather-
ed in that time, they haue their whole ver-
tue: their properties, as when for god-
des sake helpe th whensoever they be gathered
and some nought, but they be gathered out
of season, they be worse then what I teach
thee.

And Bettaie shall be gathered principally in
Lammas moneth, with the sunne and the
wind, and without any moisture: and it
shall be dried in the shadowes for medi-
cines it may be gathered other times, but e-
uer more it is the better if it be gotten with-
out

out yow and if must be gathered afore the
rising of the sun, a loof to yow in the loof

Swinsgarth shall be gathered before it
pleaseth in the loof, as it is in the loof

Camamill shall be gathered in April

. And the shall be gathered in June be
fore the sun is rising in the sun, in the sun

And the shall be gathered in the sun
in the sun, in the sun, in the sun, in the sun

Longebesse shall be gathered in June and
in the sun, in the sun, in the sun, in the sun

Benitwort shall be gathered in the begin
ning of the rising of the sun, in the sun

Germander shall be gathered in Lammis
moneth, in the sun, in the sun, in the sun

Dracante shall be gathered in June and
in the sun, in the sun, in the sun, in the sun

Columbine, in Lammis moneth, as it is
in the sun, in the sun, in the sun, in the sun

And the shall be gathered in the sun
in the sun, in the sun, in the sun, in the sun

Bedelion, in the sun, in the sun, in the sun
in the sun, in the sun, in the sun, in the sun

And the shall be gathered in the sun
in the sun, in the sun, in the sun, in the sun

And the shall be gathered in the sun
in the sun, in the sun, in the sun, in the sun

And the shall be gathered in the sun
in the sun, in the sun, in the sun, in the sun

Roses shoulde be gathered in April and
in the sun, in the sun, in the sun, in the sun

The Closet, or Treasure,

in Maye, and of them should be made Sugar
Koset in Syrop of Roses, and in the same
month should oyle be made of Camemill.

Rosemarie flowers should be gathered in
Maye.

Centoie, when he beginneth to flower.

Digianum, in the month of June.

Solsequie should be gathered the sixtēne
day of August, before the Sunne rising, with
out yron.

Partstrong should be gathered ere daye in
November.

Aristologia should be gathered the same
time.

Garlike maye be taken when you neede
for medicines.

Wilde Garlike should be gathered when
it flowzeth.

Gurdes should be gathered in the ende of
September, when they be ripe, and dried
where the sunne maye be all daye.

Wilde Pepper berries should be gathered
when they were yellow.

Cucumbers should be gathered when
the fruite is ripe, and the fruite should be
laide vnder vines, where the sunne may not
haue all his strength to burn in a moist place,
that it maye rote, for then the seide shall be
good, and full of kernes.

Citrull,

Of hidden Secrets.

Citrull, when the fruite is ripe, and dried
in a dry place in the sunne.

Calamint water should be gathered when
it flowzeth, and drie it in the shadow, and it
will last a yere.

Saffron should be gathered afoze that the
sunne doth rise.

Codur that groweth among flaxe, should
be gathered when he beginneth to flower, and
it may be kept thze yere.

Dyake should be gathered when it flow-
reth, and drie him in the shadow, and a yere
it will last.

Cleber must be gathered in Haruest time.

Fenell seedes shoulde be gathered in the
beginning of Haruest, and two yere he may
be kept.

The rotes of Fenell shoulde be gathered
in the beginning of the yere, and two yeres
they are good.

Baldemony, that some men calleth Gen-
tian, should be gathered in the last ende of the
yere, and so wz yeres he is good ynough.
The rote of this herbe is used, and how thou
shalt know him is this, that he be very bit-
ter, the lesse bitter the woyle.

Also loke that it be white, whole, and not
hollow withen, but sadde and not brittle, nor
full of powder.

Calingall,

The Close, or Treasurie,

Walingall is called in some the **Whips**: it maye be taken small staves when you wilte; but beate it in the ende of the staffe. And these dayes it shal be layde in the sunne, and so be dreyed, that the moisture rotte it not; and then you shal kepe it in the shadowe.

Singebowerbelake shoulde be gathered in the sunne, and dried in the sunne, and it wil last two yeres well.

Here followeth the sundry vertues of
a Rose, for diuers medicins.

Cap. 75.

Roses be sold in most in two degrees: **R**at hath the severtues, Campe it, and lay yam it to a sore that burneth and ake, and it shall cease both the burning and aking, and it shall be good for the feaver in the stomacke, and against all evils that are generated in hote humors.

Also let any woman drinke it with wine, and it shall be good for restraining blading, and help the inward sores of the wombe.

Also make Dyle of Roses, and that is a principall receipt for pricking in the wees, and the water thereof is good for sore eyes, and for hote evils, and the Dyle is good for headache, and against the temples, and the roote of him is good, in drawing forth
p. 201

gives of other thing in a mans face: and the red Rose is much better then the white: 217

The sundry vertues of Lillies. Cap. 76. 21

Lillies are colde & dry in the third degree: and so saith Galen: that who so batheth the leaues in water, it is a noble Plaster for: soothies that are thyrned, and it is good for all maner burnings and scaldings.

Also when the leaues and the rotes are sodden in holde wine, and tempered up with hony, it is a profitable plaster for sicknelle that are thyrned. Also the water and the iuice is good for to washe the boillers; and namely to abate the freckles in mans visage or womans: and the rote is good to ripe there with botches, and so to helpe to breake them. 218

Of the sundry vertues of Milfoyle. 219

Cap. 77.

Milfoyle is hote & dry in the second degree, it is good to stande the bloudie fire, and the iuice thereof healeth the byting of a red Hound: and if it be sod in red wine, and drinke it, it slayeth worms in the wombe, and it will destroye cancre, and it softneth hardnesse in a mans wombe, and it helpeth the Falundies and Dropsie. 220

And take the herbe and stamp it, and temper it with vineger, & it will do away blis in

The Closet, or Treasurie,

in wounds, and it will ease the tooth ache, when it is chewed fasting. Also it is good for the Ringing of an Adder, when it is sobren in wine, drinke it, and laye the substance thereto, and it will drawe out the venome of the soze.

Of the sundry vertues of Rosemarie.

Cap. 78.

Rosemarie is hote and drie: take the flowers thereof, and put them in a cleane cloath, and boyle them in sayze cleane water, untill halfe be wasted, and cole it, and drinke that water, for it is muche woorth against all manner of evils in the body.

Also take the flowers, and make powder thereof, and binde it to thy right arme in a linnen cloath, and it shal make thee light and merrie.

Also eate the flowers with Honey, fasting, with sowze bread, or els with other bread, and there shal rise in thee none euill swelling.

Also take the flowers, and put them in thy Chest, among thy clothes, or among the Boxes, and Mothes shall not destroye them.

Also boyle the flowers in Goates milke, and then let them stande all night vnder the

ayze

ayze powdered, and after that giue him to
drinke thereof that hath the Milicke, and he
shalbe holpen.

Also if there be any man that is ramage,
take the flowers and the leanes, a gret quan-
tity, and boyle them together in a good quan-
tity of cleane water, in that Paciens Bulmeat,
and it shall heale him.

Also boyle the leanes in white Wine, and
walke the face therewith, and thy beard, and
thy browes, and there shall no cornes spring
out, but thou shalt haue a faire face.

Also put the leanes vnder thy bedde, and
thou shalt be deliuered of all evil dreames.

Also breake the leanes to powder, and lay
them on the Canker, and it shall stay it.

Also take the leanes, and put them into
a Wine vessell, and it shall keepe the Wine
from all foulesness and evil saours, and if
thou wilt sell thy wine, thou shalt haue good
speede.

Also if thou be sicke with unkind sweat,
boyle the leanes in cleane water, and walke
thy head therewith, and thou shalt be deli-
uered of that evil.

Also if thou haue lost appetite of eating,
boyle well these leanes in cleane water, and
when the water is colde, put thereto as
much of white wine, and then make therein

The Closet, or Treasurie,

sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flure, boyle the leaues in a strong Cezill, and lay them on a linnen cloath, and bind it to thy wombe, and anon thy Flure shall be withdrawn.

Also, if thy legges be blowen with the Colicte, boyle the leaues in water, and then take the leaues, and binde them in a linnen cloath, and winde it about thy legges, and it shall do thee much good.

Also, take the leaues, and boyle them in strong Cizel, & binde them to thy stomack in a cloath, & it shall deliuer thee of all euils.

Also, if thou haue the Cough, by stirring or by any other way, or inke the water of the leaues boyled in white wine, and thou shalt be whole. Also, make powder of the rinde of Rosemarie, and azinke it, and if thou be in the poise, thou shalt be deliuered.

Also, take the Timber thereof, and burne it to coales, and make powder thereof, and then put it in a linnen cloath, and rubbe thy teeth therewith, and if there be any loymes therein, it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a box to keepe the yongle thereto, and it shall keepe the yongle.

Also,

Also make thereof a barrell, and drinke thou of the drinke that standeth therein, and thou needest not dread of any evil being therein, and if thou set it in the fildes. or in thy garden, keepe it honestly, and it shall bring forth much encreasing of him selfe.

Also if a man haue lost his smelling of the ayre, that he may not draw his breath, make a fire of the wood, and bake his bread therewith, and eate it, and it shall keepe him well.

Also a man that hath the Colic, take oyle of Roses, and the yolke of an Egge, and the flowers of Rosemarie, and meddle them together, & do it to his soze, & he shalbe holpen.

¶ How to make a speciall soueraigne water, which is of three colours, and it is called the Mother of all waters: which is verie excellent to cure the Canker, the Pockes, or Leaprolic, or any other kinde of superfluous humours, of any sore, olde or newe, and it is thus made. Cap. 79.

Take Turpentine iiii. pounce, of Frankensence, Mastick, of either ii. cunces, Allcies, Cpatick, Date stones, Labdanum, Cassozum, rotes of Detanie, rotes of Enula Campana, of eache two cunces, still them in a Limbecke of Glasse, with a softe fyre. The first water is cleare: the second water is yelow, and swimmeth above the other:

The Closet, or Treasurie,

The thirde water is reddishe, like Saffron, and when it beginneth to be redde and thicke as Hony, then beginneth the third water.

The first water brenneth like a candle, the seconde water curdeth like Milke: and if you put the third water, one drop with your knife, it goeth to the bottome, and there will it lye an houre, and then mount vp to the top as true Salme doth, and with this water, if you wash your face twice a day, and chiefly your Nostrils, it cureth the Rheume descending from the braine, and clarifieth the sight. And if you wet a linnen cloath in this water, and lay it to any soze leg or arme, that hath dead flesh, it will cleanse it, and drive away the ache within fure howers space: and it consumeth al Apostumes, Ulcers, Fistules, Blisters, Emeraldes, and healeth all greene wounds. And if ye dip a linnen cloath therein, and make it fure fold, and lay it to the nodule of your necke, it healeth the Balley: and so likewise it cureth the Colic, or any synow that is drawne together therewith, bathe it thre or foure times together warme.

The water that is of colour of bloud, is of such vertue, that if a Leperous man or woman vse thereof xij. dayes together, halfe a sponesfull every day, he shalbe healed.

The first water is of such vertue, that if it
be

of hidden Secrets.

be put in a fresh wound, it healeth it in xliij. howres, if it be not mortall. And it healeth all kinds of Cankers, Crepces, Noli me tangere, within xv. dayes, if you wash them with the sayde water euery thirde day : and if you make ragges of cloath, and dip it in the same water, and laye it vppon a plague sore, and droppe one droppe therein, it mortifieth the malignitie thereof, and that shortly. And if you droppe one droppe thereof in the eye that hath a pearle, or is halfe blind, it will recouer it in eight daies, without any paines : and if ye drinke a spoonfull of it with white wine, it will recouer the Strangurie or disore within five howres, and breaketh the stone within two howres, whether it be in the Reines or in the Bladder. The water that hath the colour of blood, is most precious, it comforteth the weake members, and preserveth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Spilte, and keepeth away the Colic, and causeth good digestion, it purgeth cold and rotten blood, and putteth away ill humors, and healeth all agnes. This water must be vsed from the moneth of Nouember, to the moneth of Aprill, and you muste take but halfe a spoonfull at once, noz oftner then once a weeke.

The maner to make this water, ye must

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haue

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hane a Glasse a Cubite hie, and fill it with Aquanita made with wine, and stop it well, then put it in boyle dung, so that it bee not moiste, nor too wet, least the Glasse breake, and you muste leane the necke of the Glasse without in the ayre, that the Glasse thzough the heate of the dung, will boyle soze, so that the water will ascende to the necke of the same, and descende againe to the bottome thzough the ayre, and so let it stande thirtie dayes, then take out the Glasse, and put these thinges following in the water, and stoppe the mouth that it breathe not out, and so leane it eight dayes. Last of all, put the Glasse in Balneo marie, with sande, setting on a head with a receiuer well stopped, and make a soft fyze, and gather the firste water that drops cleare, but when ye see the seconde water turne into red colour, change the Receiuer, for then cometh the seconde water, and that will keepe well in a Glasse well stopped: The spices that goeth to this water be these, with the herbes, Cardonum, Cloues, Nutmegs, Ginger, Calingall, Zedoaire, long Pepper, Spikenarde, Lawrell Berries, Smallage seedes, Fingwortseedes, Fenell seedes, Annis seedes, flowers of Basil, Elder flowers, redde Roses and white, Liguadratoes, Cubibes, Cardonum, Calamus

mus Aromaticus, Naces, Germaner, Frankensente, Turmentill, Juniper, Egremonie, Centorie, Fumetorie, Wimpernell, Dandelion, Eufrage, Endife, seedes of Sozrell, yelowe Saunders, Fetherfof, Aloes, Epaticke, of each two ounces, Rabarbe two drammes, dry Figges, Reasins, Dates without Stones, sweet Almonds, of each two ounces, Aquanita to the quantitie of them all, and solw 20 times as much suger as they be all, that is, for one pound of Engredience, foure pounde of suger, two pound of hony. This water is called the Mother of all waters.

¶ A perfect waye to cure the lothsome disease of the French Pockes, paynes in the ioyntes, lameness of limmes, paleness of colour, lothsome scabbes, or any other filthy disease, proceeding of superfluous and euill humours, as also to asswage ouer grosse and foggy fat bellies, and that without danger. Cap. 80.

First, it is needefull to provide for the sick body, a close and cleane Chamber, out of all grosse ayre, and cleane warme garments both for the body and legges, and at rising & going to bed, a fyre of Charcoles, for wood is not holosome, for smoking: also they must not be troubled with any thing
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to bring them out of patience, for that corrupteth the blood, which must be newe altered: also the sicke body must eat but little meate, and that kinde of meate as shall hereafter be prescribed, and at such time as shall be appointed, and let the sicke body vse playing of some Instruments, or heare some playing, or tell merrie tales, and haue no companye of women, for that is a most dangerous poison, for the health of any person in that case.

Secondly, you muste prepare two brasse pottes, or els yron, one being foure gallons, the other sixe gallons, one for strong drinke, the other for small drinke: also ye must haue close couers to them, of brasse or yron: you must also prepare good earthen vessels, with close couers to keepe your drinke in, of bothe sortes by them selues. Also you must haue a Strayner of a Searce clothe, to straine your drinke after it is decod, Instruments to take out dead fleshe, and to search a soze, and a syring to cleanse any soze being depe with the same drinke. Also you must haue a woddren vessel to bath the sicke body in, at such times as hereafter shall be appointed. Also ye must prepare cleane clothes to drye the sicke body, after a sweate, being warmed well first: other Instrumentes ye shall neede none, but onely your wood raped small, or turned, and the

the barke of the wood pounded in a Morter, and the Drugges also small, and your water which ye shall decoct, the same muste be of a Conduit or running brooke, verie cleane without any kinde of filthe. Chalke water is good.

Thirdly, for your strong Drinke, ye muste take your pottle of foure gallons, and set him on a soft fyre of coales, with foure gallons of the sayde running water, then put into the same one pound & a halfe of your wood, small raped, or turned at the Turners, but when you do buy your wood, see it be not olde, and lacke moisture, this triall is best, take a little coale burning, and lay it on the block, before it be raped, and if it be good it will boyle vp on euery side of the coale, like Wyre: then put thereto one ounce or a little more, of the barke of the same wood made in small powder, then take a quarter of a pounce of Cummin seedes put whole into the same, and one halfe quarter of an ounce of Radix, and Rubarbe, and then stop your Pot fast, and laye Masse about the coper, and so fast that no ayre come out, then seth it on a soft fyre, but euer keepe it boyling, and let it boyle at the least eight houres, then set it by, and vnstop it not until it be cold, then take your Searce, and straine it into a faire Earthen pot, and
couer

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couer it close: the sicke body must drinke of this but one draught luke warm in the morning, and one other at night.

Fourthly, you must take your Pot of fire Gallons, and put in it fire gallons of running water, and one pound of the wood raped, and a quarter of Cummen seedes, and decoct it in all kinde of thing such as the other, being close stopped, and when it is colde straine it into an Earthen vessel, or vessels: and that must the partie drinke at meale, and at all other times when he list to drinke, and spare not, but drinke it by.

Fifthly, the sicke body must be kept very warme, and not rise out of bed before eyght of the clocke, and then eate a dosen or twentie Itensins of the Sunne, and no bread: and about a leauen of the clocke, let the sick body eate a little meate as may suffice nature, and what meate, it shalbe hercafter shewed: then let the sicke body walke somewhiles in his chamber, or reade some booke, or play on Instruments to keepe him from sleeping: then at six of the clocke, a dosen of Martins of the Sunne, and nothing els but a draught of strong drinke warmed, at six a clocke in the morning, and at euening at eight.

Sixthly, giue to the Patient to eate, these meates following, Chicken, Partridge,asant,

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lant, Henne, Capon, Rabbet, Conie, Weale, Gutton, and none other, no: any salte, no: leaucned bread, no: Rye bread, and very seldom roasted, but boyled in water, & no broth no: portedge, no: any kinde of sauce, if the sicke body haue roste, let it be but euery third meale, and no kinde of fishe, milke o: fruites, Kissins excepted.

Seuenthly, once in thre dayes, for the first nine dayes in the morning let the sicke body drinke a good draught of the strong drinke something warme, and then lay very many clothes on him, till he sweat, for the space of two howres, then ease some of the cloths, and haue warmed linnen clothes, and rub all the body dry o: he rise, if he haue thy sores that be deepe, wash the soze with the strong drinke, and with a syroz, and dippe a little cloath in the strong drinke, and lay it to the soze, whether it be sores o: knobbes.

Eighthly, after nine o: ten dayes be passe once in thre dayes let the sicke body be bathed on this sort. Set sayze running water on the fyze, and put thereto a great deale of ground Iulie leaues, and red Sage and Fenell also, and by a good fyze when the sicke body is going to bedde, put the water and Herbes into a vessell of wood, and let the sicke body stande vp:ight in it, by the fyze, and

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and take by the Hearbes, and rubbe the body of the sicke Patient downewardes, and then dry him with warme clothes : vse this three weekes , and by the grace of God the sicke body shall be made whole, whatsoeuer he be, then if the party be very weake, after nine or ten of the first dayes, let him eate enery day at foure of the clocke at after none , a netwe layde Egge , poched in faire water , and as much new bzead as will suffice nature, and a little cleane wine. Vse this Diet with good regarde , as befoze is prescribed , and by the grace of God, they shall be perfectly cured of the diseases aboue mentioned.

¶ The maner to make another kinde of Diet drinke, of stronger operation , for the same diseases, which, by the practise onely of one man, hath done very great good, aswell in the Citie of London, as in diuers parts of the Realme.

Take of the best Guaicum, most heauie, and full of gum, iij. pound, let it be wel rased with a rape , or turned into fine chippes by a Turner , and of the same barkes, two pounce : of Carduus Benedictus which is called the blessed Whistle, halfe a pound, of Maiden haire, Cecrach, the flowers of the wilde, and Garden Buglose, Ana,
one

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one pounce, swēte Cassia sixe ounces, Annis-
 seede one ounce and an halfe, white Sugar
 sixe pounce, cast all these into a wine Mes-
 sel, cleane and apt for the same purpose, vpon
 which powze of the cleaneest and best white
 wine that may be got, very hote, in quanti-
 tie one hundred and fiftie pounce, couer this
 vessel close threē days, then straine it through
 an heare cloath, then keepe this in a cleane
 Messell for the Patient at dinner and sup-
 per, but not to drinke it in the morning and
 euening. Besides the drinking of this Guai-
 cum at dinner and at supper, the Patient
 may betwēne the times, as one howze be-
 fore and after dinner and supper, drinke
 sowze or five ounces. Also your foresayde
 receipts may be put in cleane newe white or
 Claret wine, being fined and made in the
 prescribed maner. Furthermore, the Patient
 which hath the Hor, Dropsie, or Colic, may
 drinke among, this worthy Medicine follow-
 ing, the dole or quantitie, is two ounces or
 more, according to the age and complexion of
 the Patient.

Take Maiden haire, cleane fresse Hops.
 Fumitorie, Bitrach, called Asplenū, Herbe of
 Alexander, of ech threē drammes, great Con-
 stauri rotes, Liquorice, Polipodie, wilde and
 garden Buglosse, Ana, sowze ounce, Anis-
 seede,

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sades, Nigella Romana; the flowers of Buglosse, the three Sanders, Cinamon, Ana, five ounces, put this into xxij. pound of y Guai-cum water, sodden after the description in the Compounds following, then put it in a close vessel, and stoppe the mouth. and when that is done, set the saide Vessel in an other seething kettle vpon the fire, so let it stande and seeth for twentie hours faire and soft lie, then straine it, and keepe it in a cleane close Vessel, for the vse aforesaide. But if the Patient be very full of humors, then doe thus. Take Sene of Alexander two pound, Succor-sarum solatiue vi. pound, white suger viij. pound, Rubarbe elected iij. ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone Pot, with a narrowe mouth: poure into this pot xxij. pound of the common Guai-cum water, made in maner in the compounds following: stop your pots mouth, seeth it in the foresayde maner, vpon a soft fire xxij. howers, untill it come to a thinne Syrop, called a Zelup, then straine it, and keepe this precious purging drinke for mornings, the dose one ounce and a halfe, according to the age, complexion and strength: the Patient must also eat bread iii. ounces, well baked like Bisket, and the fleshe of Chicken, Hen, Capon, Partridge, Fesant: small birds
of

of the wood rosted, excell sodden meates : and if the common drinke be too strong, then the Patient maye poure therevnto some small cleane Wine or Beere : Let the Patient bee merrie, kept in a sayze cleane chamber, with swete perfumes, not much feeding, but little and fine, with cleane warme apparell, and a fyre of Charcoles, eschewing Venery, wines, frutes, fishe, grosse fleshe, pottage, and white meates, care, anger, cold, much beate : and by Gods helpe ye shall haue present remedie, whether it be for the Pore, or to cleanse the raines, or for itche and scabbes, or for them that be ouer fat or foggie people, full of grosse humours, gotten with ease and feeding, to rebate & swage their fogginesse, without hurt, but rather renewe them (as it were) and make them some young. It helpeth also the Colic, Dyoplie, Sciatica, Canker, and Tympanie, and many other lothsome diseases, that procede from ouer great abundance of grosse humours, also for extreme paine in the ioynts.

The maner to choose the best Guaiacum
or Lignum vitæ. Cap 82.

Of this wood Guaiacum, there are thre
kinds : the first is blacke within, in
the heart pale coloured, hauing in it
russet lynes, very harde and beaue.
The other black within, but white without,
hauing

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hauing very small lines, is hard and heavy, and not so great as the first. The third is all right white within and without, hauing very small lines, and the heart of this wood is the best, the arme of the Tree is better then the bodie, the bowes nearer the frutes hath more vertue, warminesse, and drynesse, then the lower partes of the tree, which are groser and more earthly of nature, and the more vntuous the wood is, it is the better, the sap is not so good as the heart, neither the bark as good as the sappe. But the white wood is sweete and most excellent in operation, and is *Lignum sanctum*, the holy wood. The Bark of the straight young branches of Bolognes, being beaue and white, moste and without lines, hard compacted, be the best Barkes for the Pore. All these woods called *Guaiaci*, haue a rosyn or matter lyke Benjamin, or pleasant Gumme within the wood, which is the spirite or lively helping humour in decoction for the Pore, in the Syntises, Welnes, Puskes, head, bandes, scate, and the bones: no sicknesse is so sharpe and cruell to nature, but this precious Wood will bothe quickly and gently alluage the paine and grief of the same, if it be ministred accordingly in decoction, namely to them whom either the Pore hath tormented, or else the

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the Colicke with intollerable griefe.

¶ A most certaine and approued remedie against all maner of pestilence or plague, be it neuer so vehement. Cap. 83.

TAke an onion, and cut him ouer the wart, then make a litle hole in eache peere, the which you shall fill with fine Triacle, and set the peeces together againe, as they were before: after this, wzap them in a wet linnen cloath, putting it so to rest, conered in the Embers or ashes: and when it is roasted ynough, presse out all the iuice of it, and giue the pacient to drinke thereof a sponesfull: immediately he shall feele him selfe better, and shall without faile be healed.

To make a water to take out all spots out of cloth of gold and Veluet. Cap. 84.

TAke raw red Arsnick, Marten Cudum, of each of them a like much: when they be well bzayed, poure some faire water vpon them, and putting the herbe Cinkfoyle to it, seeth it vnto halfe, & then let it cole, & set it in the sunne two howers: then wash your cloth in it, and let it drie in the sunne.

To take spots of greace and oyle out of all sorts of cloth, white or other. Cap. 85.

TAke the water that pease hath bene sodde in, and steepe your cloth where the spot is in it, and then wash it with cleane

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riuer water, and hang it in the sunne.

To take all manner spots out of silke. Cap. 86.

Take the iuyce of great and round Mith-
ridates of a sharpe taste, wet the spots in
it, the space of two houres, & then washe
them with cleare water, & then let them dry.

To take spots out of cloth. Cap 87.

Take colde Lie, and Lees of white wine
made a little hote, and mire them well
together: But you must take heed they
be not too hote, and wash your cloth.

A soueraigne remedy for the cough, Cap. 88.

Take brimstone beaten in powder halfe
an ounce, & put it in a new laide Egge,
soft roste, mingle it well together: then
put to it Benjamin the bignesse of a
Ziche peale, lightly stamped, and drinke it in
the morning at your breakfast: make as
much againe at night when you go to bedde,
and you shall be whole at the second or thirde
time. But if the cough haue holden you long,
you must take it so much the oftner.

To keepe Poultry from destroying
with Wesels. Cap. 89.

Rub your Poultry with the iuice of Rue
or Herbegrasse, and the Wesels shall
do them no hurt: if they eate the lungs
or lights of a ffore, the ffores will not eate
them.

A breefe Treatise of Vrines, aswell of mens
Vrines, as of womens: to iudge by the co-
lours, which betoken health, which sickne-
nes, and which death. Cap. 90.

It is shewed, that in foure parts of the bo-
dy dwelleth sicknesse and health: that is, in
the wombe, in the head, in the Liuer, and
in the bladder: in what manner thou mayst
knowe their properties, and thereof thou
mayst learne.

If a mans Urine be white at morning, and
red before meat, and white after meate, he is
whole. And if it be fat and thicke, it is not
good: and if the Urine be meanly thicke, it is
good to like: and if it be thicke as Asse pisse,
it betokeneth head ache.

Urine that is two daies red, and the third
day white, it betokeneth very health.

Urine that is fat, white, and moyse, beto-
keneth the Feuer quartaine.

Urine that is bloodie, betokeneth that
the bladder is hurt by some rotting that is
within.

A little Urine all fleshy, betokeneth of the
reines, who pisseth blood without sicknesse,
he hath some vaine broken in the reines.

Urine that is ponderous, betokeneth that
the bladder is hurt.

Urine that is somewhat bloody of sick-

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messe, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by drops aboue, as it were great bolnes, betokeneth great sickness and long.

Womans Urine that is cleare, and shining in the Urinall as silver, if she cast ofte, and if she haue no talent to create, it betokeneth she is with Childe.

Womans Urine that is strong, and white with stinking, betokeneth sickness in the reines, and in her secret recefles, in her Chambers full of euill humors, and of sickness of her selfe.

Womans Urine that is bloody and cleare as water vnder, betokeneth head ache.

Womans Urine that is like to Golde, cleare and mighty, betokeneth that she hath luste to man.

Womans Urine that hath colour of stable cleashing, betokeneth her to haue the Feuer quartaine, and she to dye the third day.

Womans Urine that appeareth as colour of Lead, if she be with childe, betokeneth that it is dead within her.

Here followeth all the Vrines that betoken death, as well the Urine of the man, as of the woman. Cap. 91.

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In a whole Aris, one part redde, another blacke, another græne, and another blew, betokeneth death.

Urine in whote Aris, blacke and litle in quantitie, fatty and stinking, it betokeneth death.

Urine ouer all coloured as Leed, betokeneth a prolonging of death.

Urine that shineth raw and right bright, if the skin in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing fleeting aboue as it were a darke skye, signifieth of death.

Urine derky, stinking, and darke with a black skye within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it haue a darke skie in an Aris, it betokeneth death.

Urine that hath dzeases in the bottome medled with blood, it betokeneth death.

Urine black and thicke, if the sicke lothe when he goeth to the Urinie, and when he speaketh ouer what, or that he vnderstandeth not aright, and these sickneses goe not from him, they betoken death.

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